

Moments of Mercy

Each month during the Extraordinary Jubilee of Mercy our *Moments of Mercy* will offer brief reflections and concrete suggestions of how we can live out the mercy that God offers us all. These are perfect for busy days since they help us to slow down for just a few minutes and think about the gifts God has blessed us with and how we can share them.

FEBRUARY 2016

As Catholics, we take up the Lenten practices of prayer, fasting, and almsgiving every year. These practices help us remember the merciful love and compassion that God shows all people. Participating in these practices, we journey toward repentance with our community and God and toward the celebration of the Paschal Mystery of our Lord. We do not make this journey alone. The whole Church prepares for the celebration, and together, along with those who are preparing

to enter the Church at the Easter Vigil, we try to live more faithfully God's call to be merciful, loving, and compassionate to those around us. Our acts of love through sacrifice and prayer are a tangible witness of God's love to those around us.

1. Spend some time reflecting about why you choose to participate in the prayer, fasting, and almsgiving of the Church during this Lenten season. Next time someone asks you why you aren't eating the chicken on Friday in the lunchroom, you'll be better prepared to share your belief in God who is merciful and compassionate.
2. Share with someone what your Lenten practices will be this year. This is not to brag about how good you are at following Christ; rather, it allows us to each have something of an "accountability partner" so that we can strive to be a more credible witness to our faith.